WEIGHT CONTROL

Keep a **Good Weight** to **Stay Healthy**

There are a lot of reasons to lose extra pounds. The best one is your health.

WHY SHOULD I WATCH MY WEIGHT?

Being overweight can cause diabetes, cancer, heart disease, stroke and high blood pressure.

If you weigh too much, losing even a few pounds will improve your health.

HOW CAN I TELL IF I NEED TO LOSE WEIGHT?

Ask your doctor: Is some health problem making me gain weight? Do I need to lose weight? How much do I need to lose?

Do not take weight loss products without talking to a doctor.

HOW CAN I LOSE WEIGHT?

Eat fewer calories than you use. To do this, change your diet and exercise more. Take it slow and steady. Lose one-half to two pounds a week.

HOW SHOULD I CHANGE MY DIET?

Read labels to see how many calories you are eating. Cut down on fat, salt and sugar. Eat more fruits, vegetables and whole grains. Choose lean meats, poultry, fish, eggs, beans and nuts. Use low fat or no fat milk products.

HOW MUCH EXERCISE DO I NEED?

You may have to exercise to lose weight. Adults need two and a half hours of moderate exercise or one hour and 15 minutes of heavy exercise each week. It can be done for shorter lengths of time that add up to the same amount of time. Do exercises to make your muscles stronger on two days out of the week. Kids should exercise for an hour each day.

Gyms are great, but if it's not for you:

- ▶ Walk, don't drive when you can
- ▶ Ride a bike
- ▶ Take the stairs

HOW DO I KEEP WEIGHT OFF?

Do not avoid certain foods. Do not eat only certain foods. Trick diets are hard to stick with. Learn habits you can keep all your life instead. Even if your weight is good, learning healthy habits now will help keep you healthy.

Changing habits isn't easy, but stick with it. You can do it!